



Please visit the Senior Center and the Lancaster Community Center  
Behind the Town Green Complex

# Community Crier

Jay Moody Chair, Judie MacLean, Frank MacGrory, Nicole Kanis, Jo St. Angelo, Michelle Jones, Michele Macdonald,  
April, 2017 (978) 733-1249 , fax (978) 733-4076 Alexandra Turner, Director. Melissa Pelletier, Marilyn Largey

## You are invited to the *Spring Fling*



An evening of Dinner and  
Dancing with Friends

April 7<sup>th</sup> 2017

Appetizers 5 - 6 Dinner following  
Dancing Lesson & Exhibition at 7:30 p.m.

Advance tickets \$20 Seniors/\$25 others  
After April 2nd -space permitting -tickets: \$35

Cash bar sponsored by *River Terrace Health Care*

Dance instruction and exhibition by Jim Cole,  
Award winning Dance instructor

A sample Menu includes:

*Appetizers:* Assorted fine cheeses, Mediterranean platter, savory tarts *Dinner:* Roast Chicken with Rhubarb butter or Meyer Lemon Chicken, Grilled Maple Salmon, Fruited Rice, Roasted Potatoes and fine desserts.

Detailed menu and reservations at 978-733-4076



### *Thoughts from the Director*

I love winter, but this winter has been a bit too long. I eagerly wait for spring and know it will be wonderful. We have designed new programs and offerings in hopes you will join us and enjoy spring with us. Please remember all ages are welcome to join in, the more the merrier! Everyone benefits from exercise, both mind and body! So shed your sweaters and the winter doldrums and walk with us. Indoors, with the spring rains and outdoors to watch the birth of spring and flowers blooming. I can hardly wait to get dirty, in the garden that is! We have space available in our wonderful high beds, filled with organic compost. Come learn to garden, or just help us grow vegetables for lunch or to take home. You will enjoy the 'fruits of your labor'. Reserve space soon, it is limited. Spring brings April Vacation. Yahoo! Once again we will host another Family Day, April 18<sup>th</sup> ~ lots of free fun! Speaking of fun, we are hosting an all ages Spring Fling, Friday evening April 7<sup>th</sup>. This note barely scratches the surface of all we have planned. Come visit and learn more about all we have to offer. This is a truly exciting spring!

Hope to see you soon,

Alix

### A Few Upcoming LCC Events

- 4/4 - 8 a.m. Meet the Pharmacist
- 4/7 - 5 p.m. Spring Fling
- 4/18 - Family Fun Day
- 4/25 - Speaker - Gastroesophageal Reflux Disease
- 4/25-5/30 - 1-3 p.m. The Savvy Caregiver Program
- 4/27 - 3:30 p.m. Garden Series—Planting begins
- 4/28 - Blithewold Trip Bristol R.I.

### **NEW!! Details Inside!**

- Free Jazz Dance Classes This Month!
- Garden's Begin again! Call us.
- New! Chair/Arthritis Yoga
- Indoor Walking Club-free transportation



## The Lancaster Community Center (LCC)

*The all ages hub for community events.  
Nurturing the Body, the Mind, and the Soul*

[www.ci.lancaster.ma.us](http://www.ci.lancaster.ma.us)

And on Facebook [www.tinyurl.com/lancastercc](http://www.tinyurl.com/lancastercc)

Or call—978-733-4076

Business Office hours 8:30-12:00 M-TH & by event

**Where:** The Community Center is located behind the Town Green, directly behind the Prescott Building. Enter on the upper level, handicapped access use the lower level-elevator at end.

**What:** The Center, formally the Tercentenary School is home to many special events open to all ages. A full schedule is on line, scroll down our page to view the calendar. The LCC is home to Lancaster Social Services offices. Each office keeps their own office hours; Veterans Affairs, Commission on Disability, Council on Aging and Recreation. The LCC Is also home to Senior Center, and offers meeting space for town boards, commissions, and non-profits.

### IN ADDITION THE CENTER OFFERS:

- *Year Round Fitness Classes as well as special fitness series. Tai Chi, Yoga, Aerobics, Ballroom Dancing, Pickleball as well as summer and winter sporting events.*
  - *Healthy Cooking Class Series: and Nutrition classes*
  - *Arts and Crafts Classes and drop in Art Group*
    - *Community Garden Beds*
  - *Community BBQ's, Holiday events, Concerts, Fairs etc.*
  - *Social Services support, SNAP, Fuel Assistance, Referrals*
  - *Nashoba Wellness Clinic, first Tuesday of the month*
- *Information series by guest speakers on topics relating to Lancaster*
  - *Field Trips*

**Rentals:** The LCC is available for rentals. Please see our calendar for availability, and the website for our rental forms. There are a variety of spaces, a kitchen, meeting rooms, a gym and a lovely shaded patio. The Center is a great space for birthday parties, family gatherings, club meetings and more! Let us show you our space.

For more information contact Alexandra Turner, director at ext. 1103 or [aturner@lancasterma.net](mailto:aturner@lancasterma.net) or visit the Lancaster website.

## **Tuesday is Pancake Day Everyone is invited!**

Senior Center  
Tuesday mornings  
7:30 AM~ 9:00 ish

\$3

*Suggested donation*

**Chef Extraordinaire**

**David James**

**Weekly pancake specials**

**Blueberry, Apple, Plain,**

**French Toast, too**

**Sausage, eggs, fruit**

**Juice & coffee &**

**All the pancakes you can eat!**

\*\*\*\*\*

*Special Guests.*

**Come meet them! Learn and socialize.**

.....  
**April 4th 8:00 a.m.**

*Nashoba Associated Boards of Health*  
**Ask the Pharmacist**

**April 25th 9 a.m.**

*Alexander Welch of*  
*Montachusett Opportunity Council*  
**Nutrition and Wellness Presentation**  
**Gastroesophageal Reflux Disease**



## OUR WISH LIST

### ***We need VOLUNTEERS!***

We can use all your talents, just call or drop by. Serving, meal delivery, crafts, exercise monitors and participants, office, gardening and more!

### SUPPLIES

We always appreciate items for crafts classes, events, & every day fun. Thank you to everyone who has donated some amazing supplies. They bring great joy and keep the mind going. *Join us for upcoming classes.*

Check out our swap shop! for other items.

### **MASSACHUSETTS CARE ACT BECOMES LAW**

The Commonwealth is the 34th State to Pass CARE Act. This bill will help ensure that designated caregivers have the information they need to best support their family members and friends once they have left the hospital. The law features three important provisions related to the family caregiver's role when their loved one is hospitalized:

- ♦ The hospital patient is provided with an opportunity to designate a family caregiver;
- ♦ The family caregiver is notified if the patient is to be discharged to another facility or back home;
- ♦ The facility must provide an explanation and live instruction of the medical tasks such as medication management, injections, wound care, and transfers that the family caregiver will perform at home.



## CAREGIVING – Alzheimer’s and Dementia

As the population ages so too does the need for caregiving in the home for loved ones living with Alzheimer’s and Dementia. Many people wonder if there is any point in seeking an official diagnosis for Alzheimer’s disease or other types of dementia when there is no cure. I can assure you even a general diagnosis can aid families in getting help.

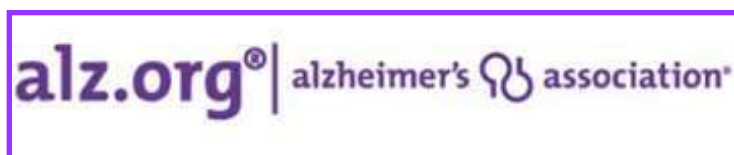
### The benefits of early detection

- ◆ The doctor will evaluate overall health, identify any conditions that could affect how well the mind is working and may refer a specialist such as a: Neurologist, Psychiatrist, Psychologist Geriatrician.
- ◆ Open up educational opportunities for help through the difficult territory of dementia care.
- ◆ Ensure appropriate medical care and help and prevent elder abuse.
- ◆ Get the maximum benefit from available treatments – Explore treatments that may provide some relief of symptoms and help maintain a level of independence longer.
- ◆ Have more time to plan for the future – Take part in decisions about care, transportation, living options, financial and legal matters. Build the right care team and social support network.

10 Early Signs and Symptoms of Alzheimer's	
Memory loss that disrupts daily life	Challenges in planning or solving problems
Difficulty completing familiar tasks at home, at work or at leisure	Confusion with time or place
Trouble understanding visual images and spatial relationships	New problems with words in speaking or writing
Misplacing things and losing the ability to retrace steps	Decreased or poor judgment
Withdrawal from work or social activities	Changes in mood and personality

- ◆ More than 15 million Americans provide unpaid care for people with Alzheimer’s or other dementias.
- ◆ In 2016 these care givers provided an estimated 18 billion hours of care.
- ◆ Approximately two-thirds of caregivers are women, and 66% are under the age of 65.
- ◆ 41% of caregivers have a household income of \$50,000 or less.
- ◆ Approximately 1/4 of dementia caregivers are part of the "sandwich generation".

**If you are caring for a loved one living with Alzheimer’s and Dementia be sure to check out ‘The Savvy Caregiver Program’, here at the LCC starting April 25th , preregistration required.**



The Alzheimer's Association provides support and information on Alzheimer's disease with their 24/7 Helpline.

If you or a family member or friend has Alzheimer's disease or dementia, their staff can help you find the information you need. Questions can be submitted online call 800.272.3900 for 24-hour support.

<http://www.alz.org/manh/> - Massachusetts Chapter

*Our Mission: To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.*



The Massachusetts Family Caregiver Support Program assists caregivers with information and access to services and supports.

- ◆ Elder Care Advisors
- ◆ One-on-one assistance
- ◆ Training, support and counseling
- ◆ Caregiver Service Scholarships
- ◆ Supplemental services
- ◆ Caregiver Self-Assessment

Montachusetts Home Care Corporation: 800.734.7312  
680 Mechanic St., Leominster, MA 01453  
<http://www.montachusettshomecare.com/caregiver>



# “Ask the Pharmacist”

Partnering with the  
*Nashoba Associated Boards of Health*  
**Tuesday April 4, 2017 - 8:00 am**



- Do you have questions or concerns about your medications?
- Do you know why you are taking these medications?
- Come listen to a presentation on medication management and meet with a pharmacist.
- Come with your medications and questions and we will have answers!
- Sign up early in the COA dining room for a one-on-one session below. Limited availability

**MCPHS**  
UNIVERSITY  
*Pharmacy Outreach Program*

# THE SAVVY CAREGIVER PROGRAM

**April 25th— May 30th, Tuesday's 1-3pm**

**A FREE six session training program for caregivers of individuals with Alzheimer's or related Dementia.**

**This program will help you:**

- ◆ Understand the impact of dementia on both you and the person you are caring for
- ◆ Learn the skills you need to manage daily life
- ◆ Take control and set goals
- ◆ Communicate more effectively
- ◆ Strengthen family resources
- ◆ Feel better about your caregiver
- ◆ Take care of you.

For more information or to register contact:

*Nicole Kanis, Caregiver Specialist nkanis @mhcc-1.org 978-466-1507*



## **Blood Pressure and Wellness Clinics**

### **Lancaster Community Center**

**OPEN TO ALL RESIDENTS**

**1<sup>st</sup> Tuesday of the month from 8-10am**

Your Local board of health provides a town nurse to serve as a free resource in an effort to improve and protect the health of the community

**Come & Visit with the Town Nurse**

*Courtesy of the Nashoba Associated Board of Health*



**INVEST  
IN  
YOUR  
HEALTH**

## **SHINE HELP**

Serving the Health Insurance Needs of Everyone

***Turning 65? Facing a lay off? Bad Insurance? We can help.***

**SHINE Councilors are available**

**Tuesday's 9 am—3 pm.**

- Barb Blom 9 am—11am
- Gretchen Pruden 11 am—3 pm

**By Appointment Only 978-733-4076**

**Guest Speaker**

**Alexander Welch**

**Nutrition Presentation**

**Gastroesophageal  
Reflux Disease**

**April 25th 9 a.m.**







**All Welcome! Kids and Adults.**

## **Get Dirty Garden Program 2017 & The Center Village Table-It's Garden Time! FREE!!!**

**The mission of our garden project is to bring people of all ages together to learn, grow, and nurture our minds, body, and the whole community.**

***Thanks to Harvard Community Health Foundation for their support***

Join us! What do we give you? We use natural organic, gardening methods for growing vegetables in high raised bed gardens. We offer classes to teach members about planting, growing, and cooking. If you choose to we will share a garden bed with natural compost and soil, some plants and seeds, you are welcome to add to these. We provide most supplies, storage, tools and lots of learning! You will also receive a membership to the Center Village table, which includes early admission to workshops, and first chance to register for Farm to Fork dinners, and reduced tickets for income eligible participants.

**April 27th 3:30-5:30**

***It's Planting Time! Early cool weather crops: peas, radishes, lettuce.***

## **Shopping on the Van**

**Reserve early!** Trips may fill or be cancelled if there are no reservations.

*(Only two dollars round unless otherwise noted; Home Pick up and Drop off)*

**Monday's** Hannaford's, Reservation Required

**Thursday's** Walmart, Reservation Required

**1<sup>st</sup> Friday of the month** Market Basket Leominster

**April 21<sup>st</sup>** Stow Food Pantry

**CALL (978 733 4076)**



# Health & Fitness

To insure a space please pre-register at 978-733-4076 or [mpelletier@lancasterma.net](mailto:mpelletier@lancasterma.net)



## Lancaster's Keep Moving Walking Club

### OUTDOOR

WHEN: TUESDAY 9:00-10:00 A.M.



### INDOOR

**FREE TRANSPORTATION!**

WHEN: THURSDAYS 8:15-9:15 A.M.

WHERE: MALL AT WHITNEY FIELD

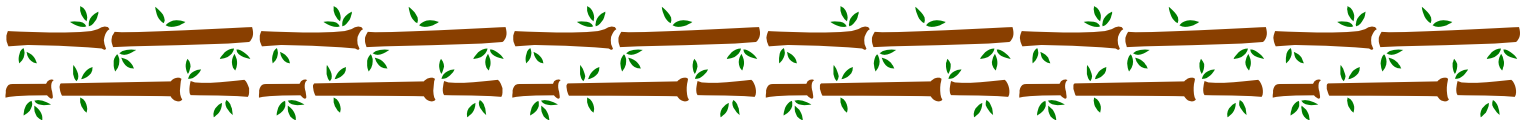
VAN LEAVES LCC AT 8:00 A.M.



Striders (Speedy) and Strollers (Slower) welcome!  
Come join us for pancakes and then work them off!  
We provide water, and companionship for a safe walk on  
Lancaster's lovely byways.

*Get in shape, and get healthy.*

*Questions? Call us! 978-733-4076*



## Tai Chi

Tai Chi uses gentle movements to reduce stress and improve health.

If you're looking for another way to reduce stress, consider tai chi (TIE-chee). Tai chi is described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body. Developed in China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions. Tai chi is a non-competitive, self-paced system of gentle exercise and stretching. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring that your body is in constant motion.

**Jeff Cote: Instructor.**

**Monday Mornings 9:30 a.m.**

**Tuesday Evening 6:00 p.m.**

**\$5 per class or 6 classes for \$25**

**Lancaster Community Center**

*Jeff has taught in Chinese Medical schools and workshops both around the country and most recently internationally. He has been a guest lecturer at Northeastern University for graduate studies in holistic health, was the Traditional Chinese Medicine and Tuina instructor at the Charles River Shiatsu School and is the Founder, Director, and Head Instructor of the Traditional Arts Institute. Wear comfortable clothes.*



# Guided Meditation Workshops

## Adventures In Consciousness with Angela Simms

**Thursday's 10AM—FREE**

**Angela has been teaching workshops on Meditation, Crystals and Healing for over 20 years. She is a Reiki Master [22 years] and also hold Certifications in Energy Healing, Crystal Healing, Shamanic, Journeying, Soul Retrieval, Tuning Fork Therapy and Karma Clearing.**

*Free Jazz Classes! (Pilot offering) Try it out!*

Free Trial! Tuesday April 4<sup>th</sup> & 11<sup>th</sup>

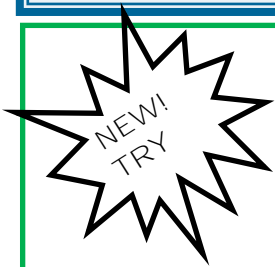
10:30 a.m. –11:15 a.m.

*Ashley, principal of Nashoba Movement*



Jazz: Learn to move to the wonderful rhythms of classical jazz dance music! This slower paced adult class focuses on developing flexibility, enhancing mobility, and learning basic dance skills to fun rhythms.

*Taught by Ashley Bannish, an accomplished instructor, dancer and owner of Nashoba Valley Movement. She is also a local gal! She has generously offered us a free introductory package so bring clean shoes and wear comfortable clothes for a morning of fun and exercise!*



### **Arthritis/Chair Yoga Wednesday's 10:30 a.m.**

**Seniors \$5 per class or 6 classes for \$25**

**General public \$6 per class or 6 for \$30**



**Arthritis/Chair Yoga Class is designed for all ages and abilities.**

No matter what your capability/ ailment or restriction is, you will learn tools and techniques to carry with you to help with discomfort, lubricate the joints, calm the mind, AND get a good work-out! We will start with seated poses, core work, twists, balance, spine lengthening and strengthening and grounding work off the chair (with modifications if needed in chair), and end with a guided relaxation. This class promises to leave you feeling more peaceful, energized, and uplifting in the body, mind, and spirit.

\*Julianna will work with your specific restrictions, such as sciatica, knee/hip replacements, etc. Please let her know prior to class.

*Julianna Record is the founder of Wachusett Wellness Center located in Clinton MA. Practicing and studying yoga, therapeutics and holistic healing techniques since the 90s, she holds numerous training certifications and degrees in Yoga, Group Fitness, Therapeutics, Barre, and Pilates, Yin, Meridian, Energy Flow, Senior, Chair Yoga, Sport and Injury related therapeutics, Arthritis, and more. In addition to Yoga and Barre, Julianna has gained extensive knowledge studying in Energetic Fields such as Reiki, Meridian Therapy, Thai Bodywork, Acupressure, and Energetic Healing Modalities.*



## Gentle Hatha Yoga

11 am-12 pm Mondays & Thursdays

9:30 a.m. Saturday,

*Got Stress? You need to relax!*



Worried about falling, twisting? *Improve* your balance, and keep your range of motion. Stay young! Yoga is widely recognized as a way to improve posture, improve clarity of mind and reduce stress.

We provide mats, and chairs~ Bring yourself!

Seniors \$5 per class or 6 classes for \$25, General public \$6 per class or 6 for \$30

*All ages, and abilities will benefit from this yoga class. Louise Dorian has taught hatha yoga since 1989, She was originally certified by the Ayurvedic Whole Life Center in Brookline, Mass. and has since evolved her own unique style of teaching, incorporating the detail and precision of Iyengar yoga, the gentle, individualized approach of Kripalu, the inner focus and playful quality of Angela Farmer's innovative teaching, while still maintaining the balanced focus of Ayurvedic principles. Louise has taught yoga in corporate settings for over ten years, to improve employee's health and reduce stress.*



## LEARN TO DANCE!

Thursday Evenings 6:00-7:00 p.m.

Lancaster Community Center

No Partner? No Problem!

Learn from the best! Jim Cole has repeatedly been voted best and his students agree. A fun casual class for beginners and pros alike. No partner, no problem! Come alone or bring friends. Great exercise, good for the body and mind and yes your social life. Call for information on which dances are currently taught. Choose from Waltz, Rhumba, Cha Cha and more! All ages! Dress is casual.

*Please bring an extra pair of dry, clean shoes to change into.*

DROP IN for \$13 or buy a three week session for \$30!

Register at [mpelleiter@lancasterma.net](mailto:mpelleiter@lancasterma.net) or 978-733-4076

# LEARN TO PLAY PICKLEBALL!



Pickleball is a fun sport that combines elements of tennis, badminton and ping-**pong**. **It's played on a badminton-sized court**, with a paddle and a plastic ball with holes. It has simple rules and is easy to play. Come Join the FUN! No experience necessary.

Mondays 1-3 p.m.  
Lancaster Community Center  
\$5 Drop in or 6 visits for \$25  
Questions? 978-368-4355



## PICKELBALL

**New sessions and levels have been added.  
It's fun, healthy and reasonable sport for all!  
People LOVE it! Come play!**



Pickleball is a game sweeping the nation, and Lancaster! We have a great group of folks from all over Central MA Interested? Pickleball is a fun, fast-paced game for all ages. Pickleball is a low impact racquet sport combining badminton, tennis, and table tennis.

Open Play—All levels

Reserved Play—Experienced players

### GET FIT!

Pickleball Cards \$20 for 6 sessions.

Lots of fun, *cheap!*

Drop by and watch! Questions about Pickleball, there are pros in our midst that are happy to answer your questions.

**Call us at 978 733 4076 or email [aturner@lancasterma.net](mailto:aturner@lancasterma.net)**

	Reserved Play	Open Play
Monday	9-11:00 a.m.	1-3:00 p.m.*
Tuesday		
Wednesday	9-11:00 a.m.	6-8:00 p.m.
Thursday		
Friday	9-11:00 a.m.	1-3:00 p.m.
Saturday	7-9:00 a.m.	9-11:00
Sunday	9-11:00 a.m.	

\*Beginners encouraged to come to this session



## Make your Own May Basket

Wednesday April 12th 1-3pm

All ages!

**Take it home to put on the doorstep of your sweetie!**

Join us for an afternoon of tea, cookies, and creating!  
Revive this May Day tradition by leaving a basket full of treats for your friend or neighbor.



\$8 Lancaster Seniors/\$10 All Others

Call to sign up 978-733-4076



**Every Tuesday at 1:00 pm**  
*Everyone is welcome*

**Bring your quarters, odds are better than the lottery!**  
**We provide free coffee, treats and prizes!**



## Bridge

Area residents are invited to join us for friendly bridge Friday afternoons.  
Don't play? Come watch and learn. There are lots of patient teachers here.  
Come to the Center for friendly bridge games with nice people and nice snacks,  
Suitable for all levels, novice to pro. We provide the cards, teachers, and friends.

Fridays 1:00-4:00

*Free! calling ahead is strongly suggested*  
*Questions Call Jean at 978-273-2418*

## First Run Free Movies!

***You heard it here! New(ish) & free!***

**Every Monday at 1 pm at the Thayer Memorial Library**

In the Dexter Room. Just show up! Check out [www.thayermemoriallibrary.org](http://www.thayermemoriallibrary.org)  
for more details on the upcoming movies \*shhh.

We can't name them here but  
they are good.

*Stop by the Community Center for lunch or lemonade on the way over.*

# The Travel Pages



## BLITHEWOLD

An American Garden Treasure  
Tulips, Daffodils, and the shore!

Friday April 28th



Join us for an elegant excursion to the Rhode Island Shore. In the style of the barons we take luxurious transportation to visit Blithewold Mansion, famous for their daffodil displays and their sumptuous mansion. We will have a private tour of the gardens and interior of the mansion. After our tours we settle

under the canopied terrace overlooking the gardens to enjoy an elegant picnic al fresco. A sample menu includes assorted appetizers, Chevre, Leek, and Shallot Tart, Tuna and Olive Tapenade Tea Sandwiches, Roasted Chicken, Spinach Salad with Onions, Apples, and Pecans or Tabouli salad, raspberry lemonade, ice tea, and crusty French bread.



*Wear comfortable shoes, you must be able to walk and stand for this trip. All food, taxes and tips are included as are admission and tours. Any tulips you pick are on your own! Join us at the Center at 8 am, and return late afternoon by about 3:30 pm. We can pick you up at your house should you prefer. **Transportation \$56 Lancaster seniors/ Others \$ 59 includes lunch, admission and tours.***

<http://www.blithewold.org/>

### Save the Date—Friday May 12th!

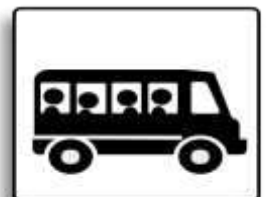
**Stockbridge Massachusetts  
Norman Rockwell Museum &  
Berkshire Botanical Gardens**



#### ***Special Events and Trip Policies:***

space is limited, so we book first come first serve, booking is complete with payment. Any cancellations after due date will not be refunded unless we fill your spot from a waiting list, usually we can. Trips may be cancelled due to low enrollment, if we cancel we will refund all monies.

978-733-4076 to reserve your seat



# Family Fun Day



**Vacation! Tue. April 18th**

**At the Lancaster Community Center**

**695 Main St. Behind the library.**

***Call us 978-733-4076***

***Come for Breakfast, stay the day.***

***Crafts, Nerf Wars, 'Pastel Personalities', and more.***

## APRIL IS LANCASTER HISTORY MONTH AT THE TML

**Sun., Apr. 2: 2:00 p.m.**

***Meet Mrs. Mary Rowlandson***

A One-Person Show performed by Katie Green For All Ages

**Wed., Apr. 5: 6:00 p.m.**

***Lancaster History for Young People: The Story of a Small Town***

With Local Historian Heather Lennon For 'Tweens and Teens

**Mon., Apr. 10: 6:00 p.m.**

***Lancaster on the Nashua: The Story of a New England Town***

With Local Historian Heather Lennon For Teens—Adults

**Tues., Apr. 18: 6:00 p.m.**

***Battle of Ball's Bluff, Virginia October 21, 1861. Lancastrians Take the Lead!***

With Military Historian Colonel Kevin Doyle, USMC (Retired) For Teens—Adults

**Tues., Apr. 25: 6:00 p.m.**

***Welcome to the Graveyard: Lancaster's Burial Grounds***

With Brenda Sullivan and the Gravestone Girls For Teens—Adults

EVENTS UNDERWRITTEN BY THE FRIENDS OF THE THAYER MEMORIAL LIBRARY AND LANCASTER CULTURAL COUNCIL

**ALL PROGRAMS ARE FREE**

**ALL ARE WELCOME**

*Thayer Memorial Library*



717 Main Street, Lancaster

[www.thayermemoriallibrary.org](http://www.thayermemoriallibrary.org)

For more information stop by the Library's Circulation Desk  
or phone 978-368-8928 ext. 4





# CAMP CRAFT LANCASTER

[www.communityrecreation.org/lancaster.html](http://www.communityrecreation.org/lancaster.html)

978 929 9997

**9:00 am - 4:00pm**

Low camper to counselor ratios.  
Staffing that is minimally 18 years old.  
A wide range of unique and engaging activities.  
Swim lessons are included in the program



The program serves **LANCASTER** residents as well as children from neighboring communities



## CAMP CRAFT LANCASTER

IS A PROGRAM THAT OFFERS  
NUMEROUS AND DIVERSE  
ACTIVITIES FOR CAMPERS

**AGES 5-13**

**JUN 26 - JUN 30**

**JULY 3 - JULY 7**

**JULY 10 - JULY 14**

**JULY 17 - JULY 21**

**JULY 24 - JULY 28**

**JULY 31 - AUG 4**

**AUG 7 - AUG 11**

**AUG 14 - AUG 17**

**AUG 21 - AUG 25**

(CAMP ENDS AT 1:00PM ON THE 25TH)

## EXTENDEND DAY

**\$60/WEEK OR \$15/DAY  
FROM 7:30-9:00AM**

**\$80/WEEK OR \$20/DAY  
FROM 4:00-6:00PM**

**\$125/WEEK OR  
\$35/DAY FOR BOTH**

Sponsored by Lancaster Recreation & the Lancaster Community Center

**Lancaster Recreation's Trail Walk Series.....**

**THE MANY LANDS OF LANCASTER**

# Lancaster Blood Town Forest

**Address: Wheelwright Entrance, Brockelman Road  
Lancaster, MA — Meet in parking lot**

**SATURDAY, APRIL 8TH  
TIME 10A.M.**

**RAIN DATE: SUNDAY, APRIL 9 @ 3P.M.**

Please join Lancaster's Town Forest Chairman, Tim Castner for an hour long walk thru the newly harvested Blood Town Forest. Last November through December 2016, foresters were hard at work at improving the Blood Town Forest for the future.

Come learn about the practice of forestry, Lancaster's forest management plan, the purposes of the harvest and the ways in which the harvest has created new recreational possibilities and wildlife habitats. Please dress in layers and bring water.

Kindly register at [www.tinyurl.com/TownForestWalk](http://www.tinyurl.com/TownForestWalk)

*Registration is to be notified via email if rescheduled to the rain date.*

**Questions?** Christa Duprey, Recreation Director, Town of Lancaster  
978.365.3326 X1108 [Reclnfo@Lancasterma.net](mailto:Reclnfo@Lancasterma.net)





## Town of Lancaster

### Senior Tax

### Abatement Program

Are you 60 or older and own your own home?  
You may be eligible to lower your real estate tax bill by  
performing jobs for the Town of Lancaster.

***There are still a few slots left.***

Contact Marilyn Largey to learn more.

Phone 978-733-1249 ext 1109    [mlargey@lancasterma.net](mailto:mlargey@lancasterma.net)

### *Spring Symphony*

The Spring steals in on warm summer rain,  
It wipes away the last of the winter's white.  
The songs of birds are heard calling to their mates.

The sharp winds tune up to a loud roar,  
Then whisper through leafless trees.

Clouds hang gray like a soggy newspaper,  
Rain pelts the frozen earth,  
Rivulets of water seep deep within.

The sun's bright glow kisses tiny sprouts of  
Green to slowly wake them from a long  
Winter's sleep

*By Lancaster's own~ Ruth Baird*

### **NO PARKING -Town Hall Lot**



**LCC & COA visitors please park in  
the library lot to allow for Town Hall  
Business. Just past the Town Green,  
right onto Harvard Rd (before Post  
Office) First Right.**

**Handicapped Parking  
on lower level behind LCC**



## MART Van Fees & Policies

### **Mart service to Senior Center:**

**Free** for senior and disabled coming  
to meals and events

**\*Service in Town: 50c in town**

**\*Service outside Lancaster to a  
contiguous town: \$1 Clinton, or \$2  
Leominster/Sterling/Bolton  
(Multiple stops may be charged, call  
for details)**

**Friday Shopping trips** are \$2 per  
person

***Special Events will be priced ac-  
cording to the trip.***

*\*Round trip to Senior Center is free; otherwise  
the fees above apply to round trips beginning  
from home. Any 'home' trip interruption will  
result in a new fee will be assessed for exam-  
ple if a rider goes to the Post Office in the  
morning then home they pay 50 cents. If they  
then go to Lunch at the Senior Center they will  
pay nothing. If they go to Wal-Mart after lunch  
they pay \$1.*

48 BUSINESS hours' notice  
to reserve a ride

### **Reservations:**

**Call 978 733 4076**

Reservation requests may be placed  
by phone, leave your request on our  
voicemail. Requests will be accepted  
in the order received, with preference  
given to medical appointments.

**Office hours are Mon—Thurs**

**9:00 to 12 pm.**

**Messages will be returned next**






# APRIL LUNCH CALENDAR

**\$3.00 suggested donation, reserve one day ahead**  
**978 733 1249 x 1103**

If you cannot make it here we offer Meals on Wheels, call 978 733-4076 for details  
 Or MOC 800-286-3441 for nutrition questions

This program is made possible in part by funding from the Executive Office of Elder Affairs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken Cacciatore (426) Penne Pasta (1) Italian Blend Veg (41) Wh.Wheat Bread(160) Sun Sweet Raisins (4)  Total Calories: 609 Total Sodium: 757 mg	<b>4</b> Mulligatawny Sp (120) *Seafood Bake (674) Dinner Roll (132) Vanilla Yogurt (50)  Total Calories: 666 Total Sodium: 1101 mg	<b>5</b> Chicken Kielbasa (400) Peppers & Onions (27) Corn (15) Hot Dog Bun (270) Pineapple Chunks (1)  Total Calories: 628 Total Sodium: 838 mg	<b>6</b> Beef Stew (200) Tossed Salad (5) Wh.Wht Bread (160) Fresh Fruit (1)  Total Calories: 687 Total Sodium: 491 mg	<b>7</b> Macaroni & Cheese (488) Stewed Tomatoes(150) Multigrain Bread (164) Hermit (24) Diet: Gingerboy (60)  Total Calories: 912 Total Sodium: 951 mg
<b>10</b> Beef & Lentil Chill (260) Brown Rice (5) Peas (66) Buttermilk Biscuit (340) Applesauce w/C (15)  Total Calories: 697 Total Sodium: 811 mg	<b>11 **Special**            High Sodium</b> *Veal Parmesan (640) Ziti (1) Broccoli (10) Dinner Roll (132) Blueberry Buckle (360) D: Lorna Doones (100)  Total Calories: 1005 Total Sodium: 1268 mg	<b>12</b> Chicken Breast Supreme (376) Red Potatoes (1) Tossed Salad (5) Multigrain Bread (164) Fresh Fruit (1)  Total Calories: 477 Total Sodium: 672 mg	<b>13</b> Vegetable Gumbo (56) Pork w/Apple Berry sauce (5) Sweet Potatoes (35) Whole Wh. Bread (160) Chocolate Pudding (135) S: SF Choc.Pudding(156)  Total Calories: 795 Total Sodium: 583 mg	<b>14</b> Vegetable Lasagna (405) California Veg (22) Whole Wh.Bread (160) Mixed Fruit (10)  Total Calories: 606 Total Sodium: 748 mg
<b>17</b>  No Meals Served	<b>18</b> Grilled Chicken W/Apricot Glaze (352) Brown Rice Pilaf (159) Spinach (65) Wh. Wheat Bread (160) Diced Peaches (5)  Total Calories: 565 Total Sodium: 866 mg	<b>19</b> Corn Chowder (172) Meatballs Marinara (284) Rotini Pasta (1) Multigrain Bread (164) Fresh Fruit (1)  Total Calories: 753 Total Sodium: 747 mg	<b>20</b> Rst Turkey w/gravy (536) Mashed Potatoes (66) Tossed Salad (5) Wh. Wheat Bread (160) Almond Cookie (181) Diet:Lorna Doones (100)  Total Calories: 729 Total Sodium: 1073 mg	<b>21</b> Chicken Chow Mein(436) Chow Mein Noodles (33) White Rice (5) Carrots (64) Wh. Wheat Bread (160) Mandarin Oranges (7) Fortune Cookie (6)  Total Calories: 627 Total Sodium: 836 mg
<b>24</b> Split Pea Soup (96) Sweedish Meatballs(200) Egg Noodles (4) Italian Bread (230) Strawberry Yogurt (75)  Total Calories: 712 Total Sodium: 730 mg	<b>25</b> Pork w/Rosemary Gravy (156) Chantilly Potatoes (238) Peas & Carrots (72) Wh. Wheat Bread (160) Lemon Cake (215) D: Lemon Grahams (95)  Total Calories: 704 Total Sodium: 966 mg	<b>26</b> Balsamic Chicken Breast (331) Rice Pilaf (141) Tossed Salad (5) Multigrain Bread (164) Applesauce w/C (15)  Total Calories: 589 Total Sodium: 781 mg	<b>27</b> Tomato Florentine Soup (164) Broccoli Bake (482) Home Fries (5) Wh. Wheat Bread (160) Diced Peaches (5)  Total Calories: 718 Total Sodium: 941 mg	<b>28</b> Meatloaf w/Mushroom Gravy (299) Mashed Potatoes (66) Green Beans (3) Dinner Roll (132) Fresh Fruit (1)  Total Calories: 735 Total Sodium: 626 mg



Worcester Elder Services and WLEN **Invite you to the Rainbow Lunch Club**

**Every 2<sup>nd</sup> Wed. Noon**

Unitarian Church, 90 Holden St. Worcester Questions or to RSVP 508-756- 1545



# APRIL 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 7am Reserved PBall 9am Open PBall 9:30 am Yoga
3 9am Reserve PBall 9:30am Tai Chi 11am Yoga 11:30am MOC Lunch 1pm Lessons Pball 7pm Country Heat	4 7:30am Pancake Bfast 8-10 am Pharmacist, Well Clinic 9am Walking Group 10:30am Jazz Dance 11:30am MOC Lunch 1pm BINGO 6pm Tai Chi	5 9am Reserve Pball 10:30am Chair Yoga 11:30am MOC Lunch 1pm Invite PBall 6pm Open Play PBall	6 8am Indoor Walk 10am Meditation 11am Yoga 11:30am MOC Lunch 1pm Open Pball	7 1pm Bridge 5pm <b>SPRING FLING</b> 	8 7am Reserved PBall 9am Open PBall 9:30 am Yoga
10 9am Reserve PBall 9:30am Tai Chi 11am Yoga 11:30am MOC Lunch 1pm Lessons Pball 7pm Country Heat	11 7:30am Pancake Bfast 9am Walking Group 11:30am MOC Lunch 1pm BINGO 10:30am Jazz Dance 6pm Tai Chi	12 9am Reserve Pball 10:30am Chair Yoga 11:30am MOC Lunch 1pm Craft - May Basket 1pm Invite PBall 6pm Open PBall	13 8am Indoor Walk 10am Meditation 11am Yoga 11:30am MOC Lunch 1pm Open Pball 6pm Ballroom Dance	14 9am Reserve PBall 1pm Bridge	15 7am Reserved PBall 9am Open PBall 9:30am Yoga
17 <b>CLOSED</b> <b>PATRIOTS DAY</b> 	18 <b>FAMILY FUN DAY</b> 7:30am Pancake Bfast 9am Walking Group 11:30am MOC Lunch 1pm BINGO 6pm Tai Chi	19 9am Reserve PBall 10:30am Chair Yoga 11:30am MOC Lunch 6am Open PBall	20 8am Indoor Walk 10am Meditation 11am Yoga 11:30am MOC Lunch 1pm Open PBall 6pm Ballroom Dance	21 9am Reserve PBall 1pm Bridge	22 7am Reserved PBall 9am Open PBall 9:30 am Yoga
24 9am Reserve PBall 9:30am Tai Chi 11am Yoga 11:30am MOC Lunch 1pm Open Play PBall	25 7:30am Pancake Bfast - Speaker Alex Welch 9am Walking Group 11:30am MOC Lunch 1 pm Savvy Caregiver 1pm BINGO 6pm Tai Chi	26 9am Reserve Pball 10:30am Chair Yoga 11:30am MOC Lunch 6pm Open PBall	27 8am Indoor Walk 10am Meditation 11am Yoga 11:30am MOC Lunch 1am Open PBall 3:30 pm Garden Series 6pm Ballroom Dance	28 <b>BLITHEWOLD</b> 9am Reserve PBall 1pm Bridge	29 7am Reserved Pball 9am Open Pball 9:30am Yoga

# Resources and Help



## Free Computer Help

Join Jon Roper *after Pancakes*  
9:00 am on- Drop in! Jon will help with your laptop, or our  
computer ipad or phone.

**Jon Roper is our hero!**  
**Tuesday mornings 9 a.m.**

## Burning Season is OPEN

**Jan 15<sup>th</sup>-May 1<sup>st</sup>**



**Snow cover can be good protection for a fire; if you wish to  
burn your yard waste please contact the Fire Department to  
purchase a permit, and permission to burn.**

***<http://www.massfire.net/brush/lancaster.php#>  
or in person at 1055 Main St M-F 8-4 -check for weekend  
hours.***

**978-368-4003**

**If you plan on doing any open air burning, you MUST obtain a  
burning permit and be familiar with all laws and regulations.  
Safety is everyone's responsibility.**

**<http://www.lancasterfd.net/>**

**In need?**

**Got help!**

### **Food pantry options**

#### **WHEAT**

NEW NUMBER!  
508-370-4943  
Call for extensions

#### **Village Church**

South Lancaster  
Thursday Evenings  
6 pm-7 pm

Offering a wide variety of wholesome  
food

#### **Stow Food Pantry**

335 Great Rd (Rt 117)

Stow, MA 01775

(978) 897-4230

TRANSPORTATION ON 3rd

FRIDAY \$2, call to reserve

Offering variety of fresh produce  
(seasonal), baked goods. You may  
choose from an assortment of meat  
products as well, and an ample sup-  
ply of pantry items such as canned  
goods, pasta, rice etc.

### **Home Resources**

**Need home goods?**

**Fuel, repairs?**

**Call Marilyn**

**978-733-1249 x1109**

## **Medical Equipment Loan Program**

**Crutches, canes, commodes, wheelchairs + some first aid, in-  
continence, supplies more to loan. (978) 733 4076**

**[mpelletier@lanasterma.net](mailto:mpelletier@lanasterma.net)**





## Become a Friend of the Lancaster Seniors!

### 2017 Annual Appeal for Donations

We encourage you to consider supporting the Friends of the Lancaster Seniors, Inc., a non-profit 501(c)3 corporation. *You don't have to be a Senior to be a Friend!*

**Thanks to your generous contributions at the end of 2016 and the start of 2017, almost \$3,000 has already been donated to the Friends! Thank you!**

A major goal of the Friends (in addition to providing needed financial aid to the Senior Center) is the renovation of the kitchen adjacent to the gym in the Community Center. It is a shame that such a useful area has gone unused, but, due to changes in health codes, significant upgrades are required: \$15,000 or more. While the Friends is not in a position to raise all of that money, we would like to help.

Please help us by making your tax-deductible donation today! Thank you!

**We've decided to eliminate the "membership" aspect of the Friends. Any donation will be considered fully tax-deductible, and you will receive a letter and receipt to that effect.**

**We even accept credit cards! Ask for David James the next time you are at the Senior Center or donate using PayPal on our web site!**

**Website:** <http://FriendsOfTheLancasterSeniors.org> **Email:** [FriendsOfTheLancasterSeniors@gmail.com](mailto:FriendsOfTheLancasterSeniors@gmail.com)

**To support the Friends, fill out the information below, and send it and your check (payable to *Friends of the Lancaster Seniors, Inc.*) to:**

**Friends of the Lancaster Seniors, Inc.**

**PO Box 173**

**Lancaster, MA 01523**

For more information about the Friends, contact David James at 978-263-7962.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Enclosed is my TAX DEDUCTIBLE contribution of \$\_\_\_\_\_ (you will receive a receipt).

*Thank You for supporting Lancaster Seniors!*



**We welcome everyone!**

**Office hours**

**Monday-Thursday 9-12**

*Or for special events*



To all our amazing volunteers, without your help we could not run the Center! Even an hour or two makes a huge difference-thanks!

To **Shaws** of Clinton for donating pastries.

A big thank you to **River Terrace** for matching funds!

To **Harvard Community Health Foundation** for their generous support, and **MCOA**.

### *Special Thanks to:*

Bridget, Maureen, Deb, Sandy, Rachel, Betty and Jude, Claire, Celeste, Jay, Jean, Dick, Sue, Marie, Maribeth, Jay, Theresa, Judi, Robert, Katherine, Jon, Fred, Nancy, Laura, Dave, Sandra, Judy, Michele, Pam, Gretchen, Kathy, Joe, John G, John B, Gino, Stan, Marie, Mark, Bev, Marilyn, Melissa, Lyn, Sean, Marie, Kathy, Micheline, and so many more for all their hard work and support.

### ***Special Events and Trip Policies:***

Our space is limited, so we book first come first serve, booking is complete with payment. Any cancellations after due date will not be refunded unless we fill your spot from a waiting list, usually we can. Trips may be cancelled due to low enrollment, if we cancel we will refund all monies.

*Please Join us!*

**Council on Aging Meeting  
Open to all \* Bring ideas,  
and suggestions. Stay for lunch!**

**Wednesday  
April 19 15th  
at 9:00 AM  
Senior Center**

Please like us on Facebook

Did you know we are on  
Facebook?



[www.tinyurl.com/lancastercc](http://www.tinyurl.com/lancastercc)